

Environmental Health Factsheet

Teaching Children to Wash Their Hands Properly



Materials:

Six point handwashing procedure (overleaf), soap, hot and cold water, bowl, nailbrush and clean towels.

Method:

The teacher carries out a practical demonstration of effective handwashing using the procedure and hot, soapy water etc. This should be carried out in full view of each child. The children should be encouraged to mime each stage of the procedure as the teacher goes through it. At the very least this will introduce the notion that there exists a thorough method of washing your hands. (The six point procedure is one used amongst medical staff and you may be surprised by how much of it the children learn and put into practice). Remember to use plenty of soap, bubbles, etc, and thorough drying afterwards.

Lunchtime may follow this lesson.

This provides an excellent opportunity to divide the class into groups for a supervised handwashing session using the method they have just been learning. This supervised session may be the hardest work of all, but absolutely invaluable to bring the lesson to a practical and appropriate conclusion.



ENVIRONMENTAL HEALTH

EHF5/December 2003

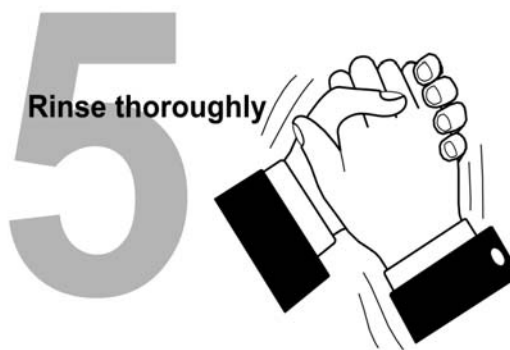
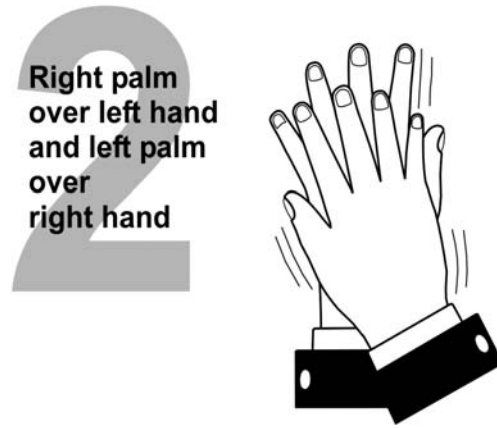
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Six-Stage Good Handwashing Technique



Use plenty of soap and dry your hands thoroughly!